GETTING STARTED

EYETOY®

Kinetic

In association with

NIKE MOTIONWORKS
CAPTURE · ANALYSE · ADVISE

SONY
COMPUTER ENTERTAINMENT ®

Precautions

• This disc contains software for the PlayStation®2 computer entertainment system. Never use this disc on any other system, as it could damage it. • This disc conforms to PlayStation®2 specifications for the PAL market only. It cannot be used on other specification versions of PlayStation®2. • Read the PlayStation®2 Instruction Manual carefully to ensure correct usage. • When inserting this disc in the PlayStation®2 always place it with the required playback side facing down. • When handling the disc, do not touch the surface. Hold it by the edge. • Keep the disc clean and free of scratches. Should the surface become dirty, wipe it gently with a soft dry cloth. • Do not leave the disc near heat sources or in direct sunlight or excessive moisture. • Do not use an irregularly shaped disc, a cracked or warped disc, or one that has been repaired with adhesives, as it could lead to malfunction.

Health Warning

For your health, be sure to take a break of about 15 minutes during every hour of play. Avoid playing when tired or suffering from lack of sleep. Always play in a well-lit room, sitting as far from the screen as the cord will allow. Some people experience epileptic seizures when viewing flashing lights or patterns in our daily environment. These people may experience seizures while watching TV pictures or playing video games. Even players who have never had any seizures may nonetheless have an undetected epileptic condition. Consult your doctor before playing video games if you have an epileptic condition or immediately should you experience any of the following symptoms during play: dizziness, altered vision, muscle twitching, other involuntary movements, loss of awareness of your surroundings, mental confusion, and / or convulsions.

PIRACY

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See back page of this manual for Customer Service Nos. and POWERLINE Nos.

SCES-52883/ANZ

1 – 4 Players • Memory Card (8MB) (for PlayStation®2): 455KB minimum • Analog Control Compatible: analog sticks only • EyeToy® USB Camera (for PlayStation®2) Compatible

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ENGLISH

EYETOY®

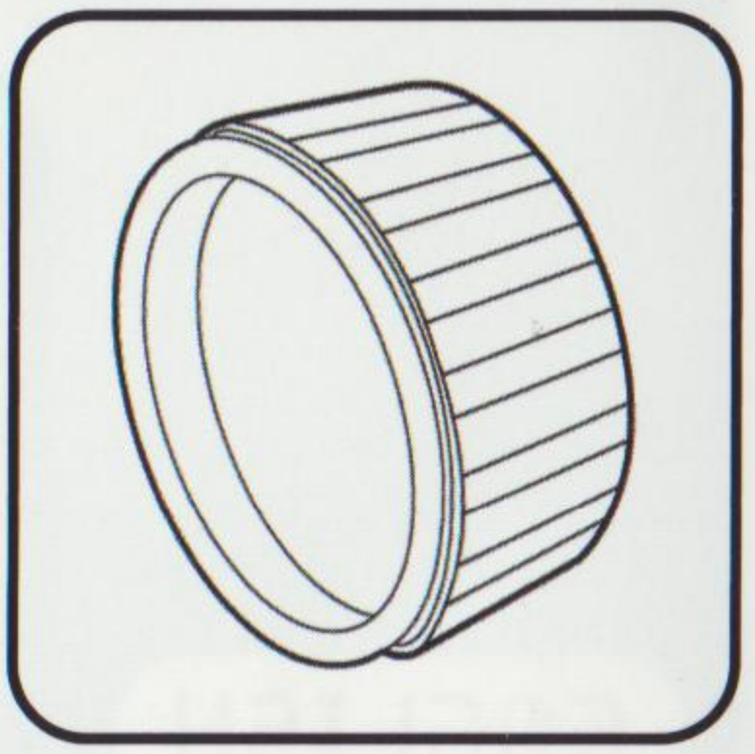
QUICK START GUIDE
FOR YOUR ENJOYMENT

SETTING UP THE CAMERA

ADJUSTING THE CAMERA

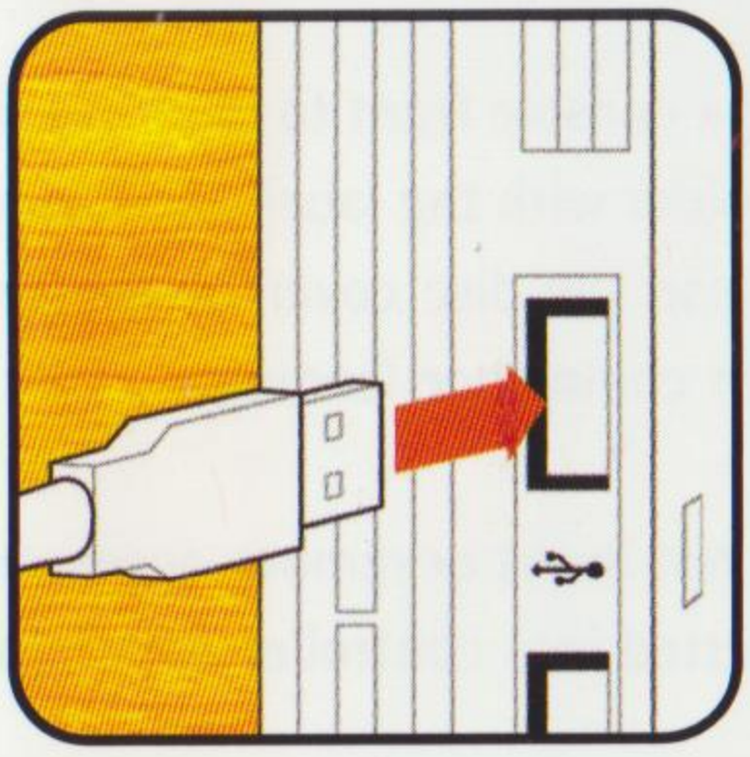
LIGHTING RECOMMENDATIONS

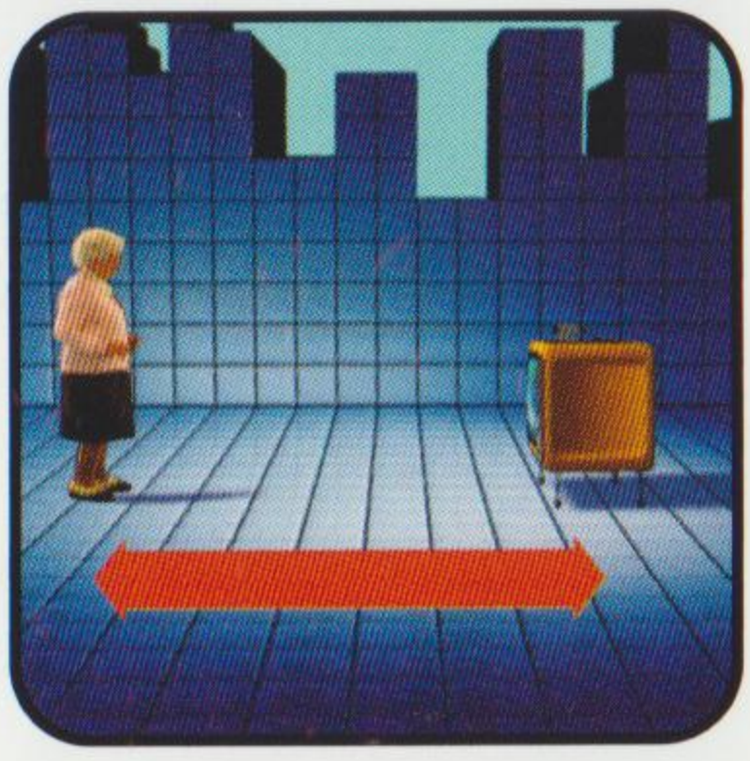
ATTACHING AND ADJUSTING THE FULL VISION LENS

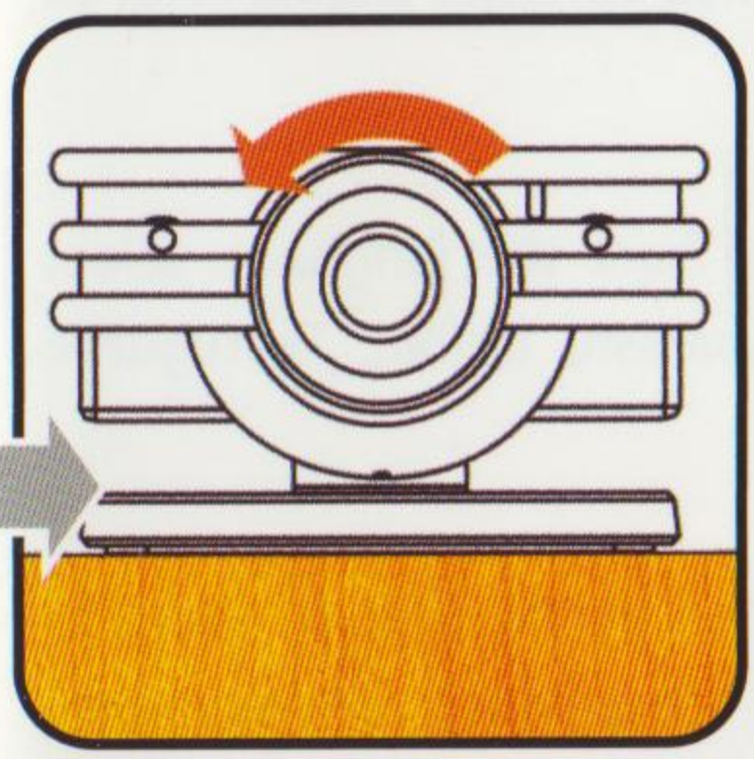


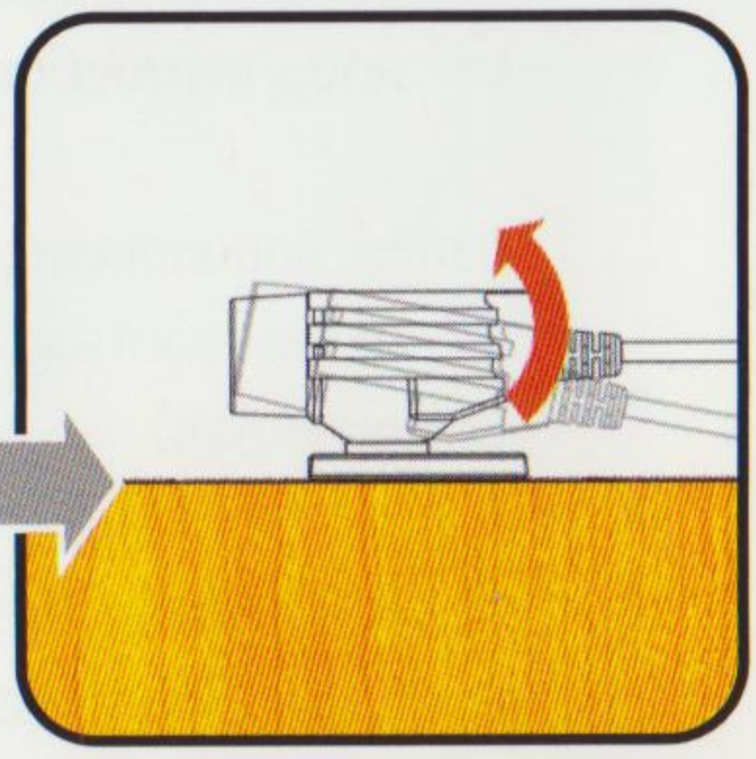
MAKE SURE YOU HAVE ENOUGH ROOM TO PLAY!

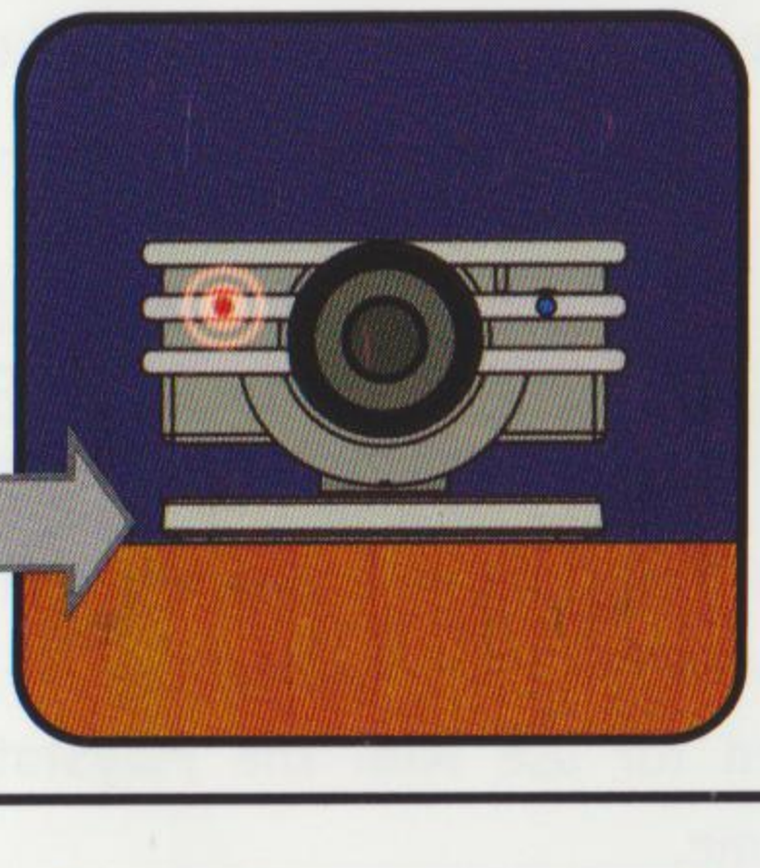
WARNING: Small Part. Not suitable for young children

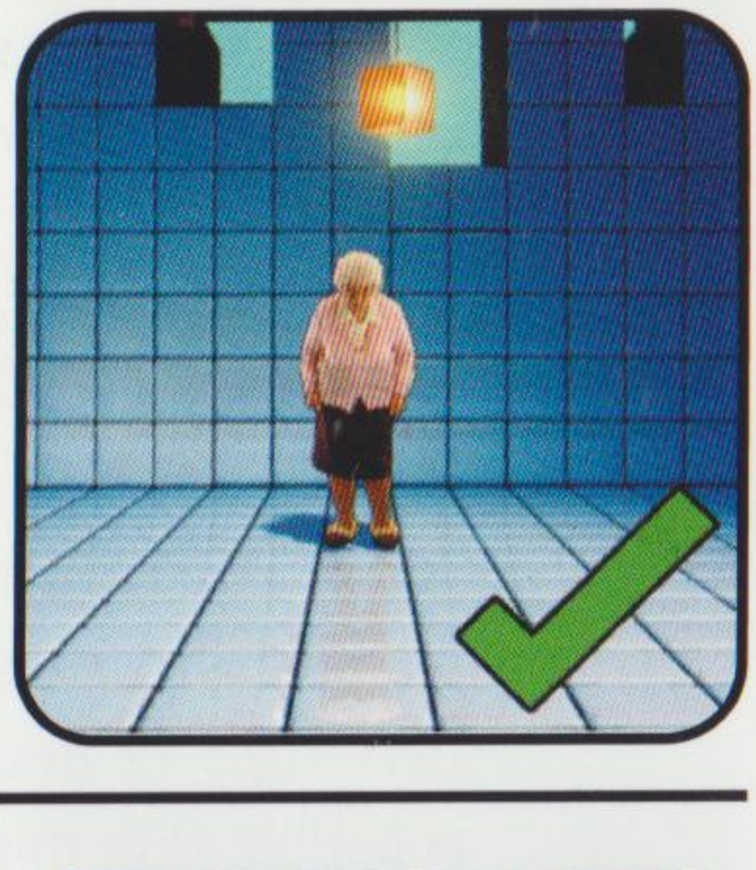


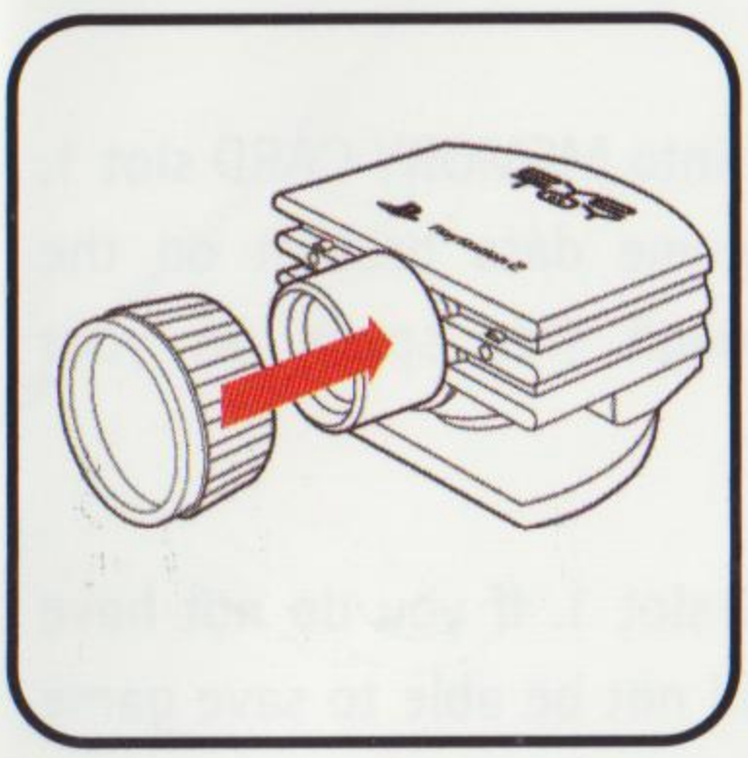


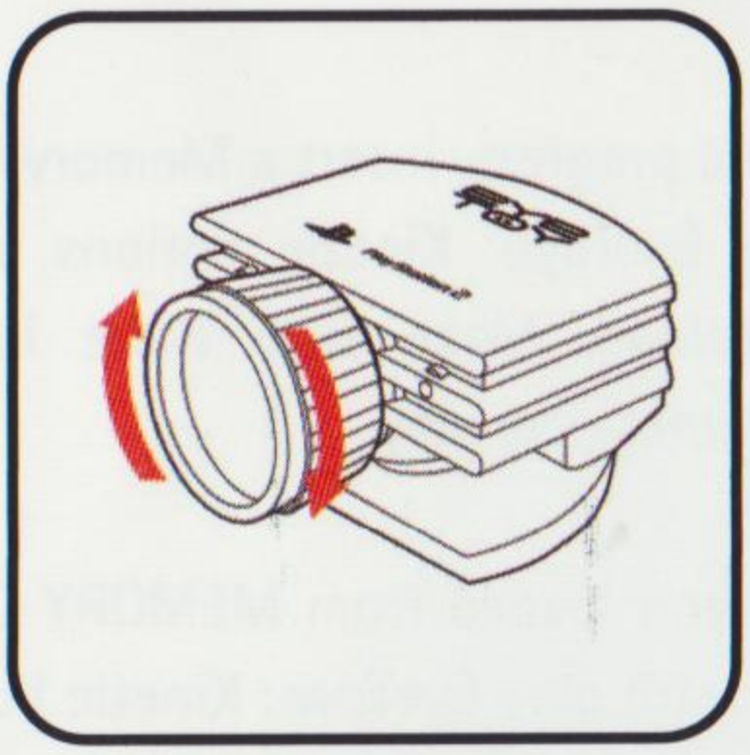












EyeToy® USB Camera (for PlayStation®2) and PlayStation®2 console models may differ from those shown. The above instructions apply to all models.

SETTING UP

Set up your PlayStation®2 computer entertainment system according to the instructions in its instruction manual. Check that the I/⏻ indicator on the front of the console is lit up red. Press the I/⏻/RESET button and the I/⏻ indicator will light up green.

Press the ⏏ button on the console front to open the disc cover and place the EyeToy®: Kinetic disc in the disc holder with the label side facing upwards. Press lightly until the disc clicks into place. Close the disc cover by pressing firmly until you hear a click. EyeToy®: Kinetic will then commence loading.

It is advised that you do not insert or remove accessories once the power is turned on. A controller must be inserted into controller port 1 to play EyeToy®: Kinetic.

Owners of SCPH-30000 and SCPH-50000 series PlayStation®2 consoles should refer to the setup instructions supplied with the console.

Before commencing play, select your preferred language from the language select screen on boot-up. Choose English, French, German, Spanish, Italian, Portuguese or Norwegian.

PLEASE NOTE: The information in this manual was correct at the time of going to print, but some minor changes may have been made late in the product's development. All screenshots for this manual have been taken from the English version of this product, and some screenshots might have been taken from pre-completion screens that differ slightly from those in the finished product.

MEMORY CARD (8MB) (for PlayStation®2)

PLEASE NOTE: Throughout this manual, the term 'Memory Card' is used to describe the Memory Card (8MB) (for PlayStation®2) - (SCPH-10020 E). Memory Cards (SCPH-1020 E) designed for use with the PlayStation® format software are not compatible with this game.

To save game settings and progress, insert a Memory Card into MEMORY CARD slot 1. On boot up, any saved EyeToy®: Kinetic options and game data present on the Memory Card will autoload. Make sure there is enough free space on your Memory Card before commencing play.

Data can only be saved and loaded from MEMORY CARD slot 1. If you do not have a Memory Card, you can still play EyeToy®: Kinetic but will not be able to save game settings and data.

DIRECTIONAL BUTTONS – MOVEMENT

In this manual, ↑, ↓, ←, → etc. are used to denote the direction of both the directional buttons and the left analog stick unless stated otherwise. On boot up the Analog Controller (DUALSHOCK®2) will default to analog mode (indicator: red).

USING THE ANALOG CONTROLLER (DUALSHOCK®2)

WARNING: Ensure that the Analog Controller (DUALSHOCK®2) and its cable are positioned safely before you start exercising.

USING THE EyeToy® USB camera (for PlayStation®2)

Holding the USB connector for the EyeToy® USB Camera (for PlayStation®2) with the USB mark facing up, securely insert the USB connector into either USB connector on the front of the console. The LED power indicator (blue) on the front of the EyeToy® USB Camera (for PlayStation®2) should light up to indicate that the EyeToy® USB Camera (for PlayStation®2) is now ready to use. If you encounter difficulties, refer to the instruction manual for the EyeToy® USB Camera (for PlayStation®2).

Place the EyeToy® USB Camera (for PlayStation®2) on top of, or immediately below your television. Rotate the manual focus ring to focus the camera lens. If your TV is positioned on the floor, simply tilt the EyeToy® USB Camera (for PlayStation®2) for extra elevation. Alternatively, swivel the camera base around to reposition the EyeToy® USB Camera (for PlayStation®2). Do not move the whole EyeToy® USB Camera (for PlayStation®2), just tilt it gently.

Make sure you have enough room to play. Consider the space around you, watch out for shelves, doors, walls, pets and above all, other people.

NOTE: Before playing games in the Cardio, Combat and Mind and Body zones, a character outline will be displayed on screen to help you calibrate your EyeToy® USB Camera (for PlayStation®2). Make sure you stand within the character's outline and then follow its lead, moving your hands out to the markers.

FULL VISION LENS ATTACHMENT

EyeToy®: Kinetic uses a special 'Full Vision Lens' attachment, which allows you to see more of your body on-screen without moving too far away from your television.

The Full Vision Lens can be simply slipped over the existing camera lens of the EyeToy® USB Camera (for PlayStation®2), which can then be focused, as before, by rotating the manual focus ring.

WARNING: Small part. Not suitable for young children.

EyeToy® USB camera (for PlayStation®2) LIGHTING RECOMMENDATIONS

Ideally, you should be lit from the front, as evenly as possible. A single, central light of between 60 and 100 watts between you and your television should be sufficient. Any additional light pointing at you will also be beneficial.

If your image looks too dark on the screen, switch on all available lights in the room and point them at you. The red LED on the EyeToy® USB Camera (for PlayStation®2) will flash if the room is too dark.

If your on-screen image looks too bright, draw the curtains and use artificial light instead. Where artificial light is the primary source of illumination, concentrate all available light on you. If possible, avoid low-energy bulbs and fluorescent tubes as these tend to flicker, which may be detected as movement by the EyeToy® USB Camera (for PlayStation®2).

Do not set up the EyeToy® USB Camera (for PlayStation®2) so that it is pointing directly towards a strong light source. Even with daylight providing the primary light source, the introduction of any extra artificial light directed at you, will always be beneficial.

USING MENU SCREENS

EyeToy®: Kinetic uses your body motion to activate objects and buttons on screen. The motion buttons can only be activated if they detect motion over a period of time. Indicators on the motion buttons will fill up as motion is applied.

Wave your hand over the motion button until the bar fills the button completely. You can also make menu selections by using an Analog Controller (DUALSHOCK®2) connected to controller port 1 - press ⬆, ⬇, ⬅ or ➡ to highlight an option and press the ⊗ button to activate it. Return to the previous menu screen by pressing the △ button.

GETTING READY TO EXERCISE

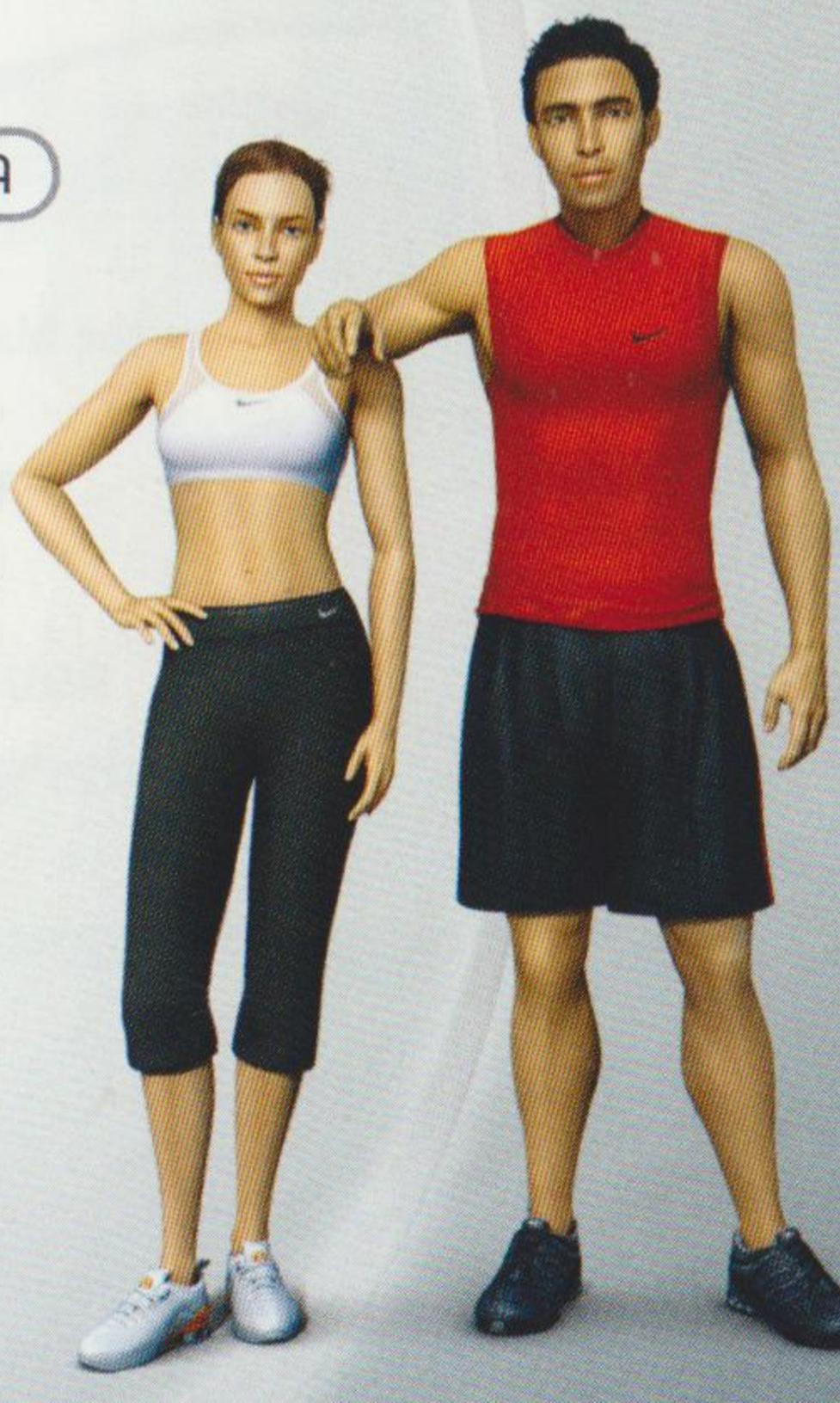
Set up the EyeToy® USB Camera (for PlayStation®2), following the instructions outlined earlier in this manual, so that you can stand comfortably within the on-screen player outline.

When you first access EyeToy®: Kinetic, a short introduction will be displayed to help you get the best out of your EyeToy® USB Camera (for PlayStation®2). You'll also be reminded to ensure that the Full Vision Lens is attached. The EyeToy®: Kinetic intro movie follows next; if you've seen it before you can skip it by pressing the START button.

NOTE: You can also skip the title screens displayed on boot up by pressing the ○ button.

INTRODUCTION FROM MATT AND ANNA

Matt and Anna are your personal trainers, and before EyeToy®: Kinetic begins, they'll give you a quick overview of the zones to help you get the most out of your exercise programme. Again, press the START button if you wish to skip this introduction.



CHECK THE DATE AND TIME

If you want to undertake a 12 week training programme in Personal Trainer mode, it is essential that the internal clock in your PlayStation®2 console is correctly configured. Check the date and time when prompted, and if necessary adjust the clock using the console's System Configuration menu.

READ THE HEALTH WARNING

Before playing EyeToy®: Kinetic you must read the health warning that is displayed on screen. Once you've read and understood this warning, select 'Continue' to progress to the Main Menu.

MAIN MENU

Wave your hand steadily over the Main Menu option you wish to select. Choose from:

tutorials
options
Routine Builder
Personal Trainer

The Main Menu options listed above are explained in detail later in this manual.

ZONES AND GAMES

In both Routine Builder and Personal Trainer mode, the games in EyeToy®: Kinetic are divided into four themed zones:

cardio zone

Toning zone

combat zone

mind and
Body zone

Each zone is split into specific disciplines with varying levels of difficulty, designed to provide a holistic workout.

Games contained within the Cardio, Combat and Toning zones help to increase your overall fitness level. In the Cardio Zone you'll play games that include movements and actions inspired by high energy choreographed aerobic sequences and modern dance.

Games in the Combat Zone utilise moves and stances from defence disciplines such as Tae Kwon Do, Kick Boxing and Karate.

The Toning Zone is where you'll find special lead and follow sequences designed to strengthen and tone specific muscle groups.

Games within the Mind and Body Zone take inspiration from Yoga and Tai Chi and help focus your breathing, concentration and flexibility, as well as aiding relaxation and body conditioning.

On-screen introductions are provided for all of the games in EyeToy®: Kinetic; further information on individual exercises can also be found in the EyeToy®: Kinetic User Guide.

PLAYER PROFILES

CREATING A NEW PROFILE

In order to use the Routine Builder or to work with a Personal Trainer, it is advised that you set up a player profile and save it to Memory Card. To do this, select the 'Create New Profile' icon when prompted – this icon will be displayed automatically when you enter Personal Trainer mode or Routine Builder mode with no player profiles saved to Memory Card.

Give your profile a name, input your weight and then take a photo of yourself so that the profile is instantly recognisable.

NOTE: The unit of measurement used to input weight can be toggled between Imperial (LB) and Metric (KG) by choosing 'Other Options' from the Options Menu. You may therefore wish to check that the unit of measurement is correctly set before attempting to set up a profile.

When it comes to taking photos, a viewfinder image is positioned in the centre of the screen, so get yourself ready, double check that the EyeToy® USB Camera (for PlayStation®2) is accurately focussed and select Take Photo. After a count of three, your picture will be taken – if it looks okay select Yes to keep it; if you don't like it and want to try again, select Retake.

NOTE: You can also create additional player profiles at any time; simply use the left and right arrows to scroll through the profiles saved to Memory Card and select the Create New Profile icon.

TUTORIALS

Select Tutorials from the Main Menu if you want a quick run through of any of the games in EyeToy®: Kinetic, or if you want to stretch or warm up for a workout. You can also have another look at Matt and Anna's introduction by selecting Information.

GAME TUTORIALS

To learn about any of the games in EyeToy®: Kinetic, first wave your hand over the left or right arrows to highlight the Cardio Zone, the Combat Zone or the Mind and Body Zone and then choose Select to display the list of individual games within that zone. Select a game by following the same procedure.

Matt and Anna will explain how each game works, so pay attention to both the on-screen demonstration and the audio instructions. You can end a tutorial at any point by selecting 'Exit'.

WARM UP AND STRETCH

For both the warm up and stretch options, there are three lengths of sequence to choose from, so wave your hand over the left or right arrows to highlight the Short Sequence, Medium Sequence or Long Sequence and choose Select. You can also choose which one of the four zone environments you wish to warm up or stretch in, and a music track (or silence if you'd prefer) to accompany you.

WARM UP/STRETCH SEQUENCE OPTIONS

▢ button	Skip
○ button	Pause
△ button / R3 button	Exit
✕ button	Change View
L1 button	Decrease Music Volume
R1 button	Increase Music Volume
L2 button	Mute Music
R2 button	Toggle Feedback On/Off

The above functions are also used for all sequences within the Toning Zone. The Yoga, Tai Chi and Meditation sequences within the Mind and Body Zone also feature these functions, except for Skip.

NOTE: Once Skip has been selected press the ↑ or ↓ directional buttons to choose the exercise you wish to undertake, and then press the cross button.

ROUTINE BUILDER

Choose Routine Builder to have a go at any of the games in EyeToy®: Kinetic, or to pick games and set up your own quick workout.

SELECT PROFILE

Before beginning a Routine Builder session you will be prompted to select a player profile that has been previously saved to Memory Card. Highlight the left and right arrows to scroll through your saved profiles and select OK to choose one. If you don't yet have a profile saved to Memory Card, see the 'Creating A New Profile' section of this manual. If you don't have a Memory Card, or don't wish to load a profile, select Play Without Profile to continue.

If you choose to play a game without selecting a profile, no photograph will be displayed in-game and no information will be provided with regards to the number of calories you have burned or your Personal Best scores. Your name will also not be listed in the High Scores table.

PLAYERS

The Players screen allows you to add additional players in order to set up multiplayer games. If you are playing by yourself, just select Continue. Up to four players can participate; each player takes turns to have a go at any routine selected. Choose Add Another Player if you want to play with friends and they have their own profiles saved to the Memory Card in MEMORY CARD slot 1. Select the profiles and choose Continue when all participating players are listed in the centre of the screen. If you make a mistake, you can select Remove Player to delete a player profile from your game.

LOAD ROUTINE/NEW ROUTINE

Several pre-defined routines are available for you to select; choose 'Load Routine' and then decide which one you want to play through.

To set up your own routine, choose 'New Routine' and then begin building your routine by selecting a zone and a game. When the 'Routine Content' screen is displayed, you can choose to add another game to your routine, remove a game or begin your routine.

It is recommended that you add warm up and stretching sequences to your routine; if you wish to do so, select Yes when prompted.

You will then be asked to choose an environment to exercise in and a music track.

SAVING A ROUTINE

After completing your routine, the Routine Results screen will be displayed showing your average score for that routine. On this screen you can choose to 'Save Routine'. Once saved, your routine can be reloaded by selecting Load Routine as explained previously.

BEFORE EACH GAME...

After stretching, a Fact File screen will be displayed, giving some background information about the workout you are about to undertake. Matt or Anna will also talk you through the workout.

You can use this Fact File screen to change the game's difficulty level and to toggle the tutorials On or Off.

PERSONAL TRAINER MODE

Personal Trainer mode allows you to undertake a specially tailored 12 week training plan. Training plans are undertaken on one of three difficulty levels – the most suitable difficulty level for you will be ascertained before you start. Each training plan comprises of a set number of routines which must be completed each week. By using the PlayStation®2 console's internal clock, Personal Trainer mode is able to chart your progress over time; this allows Matt and Anna to keep on top of your training programme no matter where you are – if you try to skip a session, they'll know about it!

As you progress through your plan, your trainer will assess your performance and improvement and may alter the difficulty level of the workouts to help you get the best results.

NOTE: When you first begin Personal Trainer mode, your selected Personal Trainer will give you a quick introduction to the mode, including what you will see and what you can expect to achieve. Be sure to watch this introduction as it includes some important information about the flexibility of the programme that will help you get the best out of it, whilst also fitting in to your lifestyle.

STARTING A TRAINING PLAN

Upon beginning Personal Trainer mode, you need to select or create a profile, as outlined earlier in this manual. When you re-enter Personal Trainer mode later you can simply select the same profile from those saved to Memory Card.

To get the most out of your training plan, you also need to enter your height; along with your age and weight, this helps your Personal Trainer keep track of statistics referring specifically to you, such as the number of calories you have burned or your Personal Best and High Scores.

SELECTING YOUR PERSONAL TRAINER

Before your programme can begin, you need to choose to work with either Matt or Anna. They are both great motivators, and will be on hand to expertly guide you through the next 12 weeks. You can also swap personal trainers at a later point if you wish.

After selecting your trainer, you next need to answer a few simple questions to help them set up the most appropriate programme for you. They will need to ascertain your current activity level, EyeToy® experience and if you've had any recent injuries. Follow the on-screen instructions to pick the answers that best apply. If you agree with the training plan assessment, select 'Agree'; choose 'Disagree' to pick your own training plan difficulty level.

PERSONAL TRAINER MENU

After setting up or when re-entering the Personal Trainer mode as a selected profile, the Personal Trainer Menu will be displayed. The details of your plan are shown in the centre of the screen and the following options are available:

Exit to main menu	Exit Personal Trainer mode
options	Alter your profile information, change your trainer or view profile statistics
View Graphs	View and compare your results to gauge how well you are doing
Begin Routine	Begin the day's routine. You will be shown which games are to be played and given the opportunity to shuffle the selection of games, within certain parameters

STARTING A ROUTINE

Before your day's exercise routine begins you can select an environment and music track, then it's time to join your personal trainer for a warm up.

The warm up is a sequence designed to prepare you for the forthcoming games, by warming the main muscle groups through gentle aerobic exercise. See the Warm Up And Stretch section earlier in this manual for further information.

GAME FACT FILES

Before each game is played, information about that particular exercise is displayed on screen. The 'Game Fact File' is also introduced by your trainer, who will provide information about the game's style and benefits of playing. This sequence can be skipped at any time. Whilst the Fact File screen is displayed you can also choose to toggle the game tutorial On or Off.

TUTORIALS

Unless you opted to turn tutorials Off on the Fact File screen, your trainer will give you a quick demonstration of the game, and explain what you have to do, how to progress through the levels, and offer key tips about technique, movements and positioning. This sequence can be skipped at any time.

PLAYING A GAME

Games are played for a set time limit. Games from the Cardio Zone last 10 minutes, games from the Combat Zone last three minutes and games from the Mind and Body Zone last six minutes.

During a game, your profile photo, score, game level, completion of current level, time remaining and calories burnt are displayed so you can see how well you are performing throughout. The higher the score you achieve without mistakes the greater the coloured effects displayed around you will become.

IN-GAME OPTIONS

START button	Pause
R3 button	Exit
L1 button	Decrease Music Volume
R1 button	Increase Music Volume
L2 button	Mute Music
R2 button	Toggle Feedback On/Off

NOTE: If you press the START button during a game, two additional options will be displayed, 'Exit' and 'Resume'. Exit takes you to the results screen, while Resume allows continued play from your previous position.

GAME RESULTS

After a game, a Results screen will give you some useful information, including a verdict on how well you performed, how many calories were burned plus relevant game specific statistics.

You can then choose to play the game once more if you believe you can better your performance. From the Results screen you can also view Progress Graph and Heart Rate information.

NOTE: Heart Rate information is not available in Mind and Body Zone as these routines are designed to calm and reduce stress rather than work your cardiovascular system.

OPTIONAL EXERCISE SEQUENCES

Once all games have been completed, you can also undertake any of three additional Toning Zone sequences, or Yoga, Tai Chi or Meditation sequences from the Mind and Body Zone. Each sequence has a different duration and is introduced by your trainer. These sequences are not compulsory and you will not be graded on them, but we recommend you give them a go to really round-off your workout.

POST GAME STRETCH

The stretch is a five minute sequence that warms down the core muscle groups, by gentle, consistent movements and stretching. As ever, your trainer will guide you through the stretches.

ROUTINE RESULTS

At the end of a day's routine your trainer will give you a verdict on your performance. The Routine Results screen additionally displays the names and scores achieved for the particular games you've played.

MISSING MULTIPLE PERSONAL TRAINER SESSIONS

If you miss five or more routines, the next time you return to EyeToy®: Kinetic and try to undertake a routine you will be given the option to either begin your programme again or continue with the current plan.

COMPLETING A PERSONAL TRAINER PROGRAMME

Once you have completed your Personal Trainer mode training plan you can begin a new 12 week routine using the same profile. If you choose to do this you will repeatedly undertake weeks 9 to 12 of the next difficulty level's training plan.

For example if you have completed a Personal Training mode routine on the medium difficulty setting, you would begin a new 12 week training plan, continually cycling weeks 9 to 12, of the hard difficulty level.

OPTIONS

Choose Options from the Main Menu to alter various in-game settings; you can then save these settings to Memory Card, or load options settings you have already saved.

LOADS/SAVE

Select Save Options to overwrite the options data saved to Memory Card with your new options settings. When prompted, select 'Yes' to complete the save.

Choose Load Options to load alternative settings, previously saved to Memory Card.

EyeToy® USB CAMERA

Ensure that you get the clearest on-screen image by adjusting the following calibrations:

SET TO DIM/BRIGHT ROOM

If the on-screen image seems a bit dark, try selecting Set To Dim Room; this will slightly increase the camera's light intake, resulting in a brighter display. You can return to the original setting by selecting Set To Bright Room.

FOCUS

Use the Focus option to manually adjust the focus of your EyeToy® USB Camera (for PlayStation®2). Follow the on-screen instructions to get the sharpest possible image.

SENSITIVITY SETTING

Adjust the sensitivity of your EyeToy® USB Camera (for PlayStation®2) by selecting either the left or right arrows. Choose the Low, Medium or High setting and select OK to confirm.

SCREEN POSITION

Follow the on-screen instructions to reposition the game screen on your TV.

OTHER OPTIONS

LANGUAGE

Select an alternative language. Choose from English, Français, Deutsch, Español, Italiano, Português or Norsk.

UNITS: IMPERIAL (LBS/IN) / METRIC (KGS/M)

Toggle the system used to display height and weight information in the game.

VOLUME

Use the left and right arrows to increase or decrease the volume of sound effects and music. Select OK to confirm your volume settings. You can also toggle in game feedback On and Off.

CREDITS

SONY COMPUTER ENTERTAINMENT EUROPE

London Studio

Producer Tom Holmes Lead Programmer Dave Collins Programming Chris Bevan, Adam Goh, Tom Lansdale Lead Artist Keith Ribbons Art Luke Newell, Iki Ikram, Simon Fenton, Stephen Gould, Edward Peretti, Paul Rance, Michel Bowes Game Design Mark Parry, Tom Bennett Animation Steph Hoddy, James Ovnik, Pete Meynell, Rich Carter, Jim Southworth, Dan Armstrong, Sayo Meynell, Mike Swindall, Stuart Haskayne, Andy Davies, Ross Stanton Graphic Design Oliver Wright EyeToy® Technology Group Dan Phillips, Graham Clemo, Mark Lintott, Diarmid Campbell, Mauritius Seeger In-house music composed, arranged and produced by Alastair Lindsay, Dave Ranyard Sound Design Kenny Young Music Licensing Martin Hewett, Sergio Pimentel Game Director, EyeToy®:SingStar™ Group Mike Haigh Senior Producer - EyeToy® Group Tomas Gillo Director, London Studio and Vice President, Development Jamie Macdonald Executive Vice President – Development Phil Harrison Vice President - International Software Shawn Layden Creative Director (London Studio) Eric Matthews UP Software Marketing and Sales Planning Simon Rutter DIRECTOR, PRODUCT MARKETING Mark Hardy Software Product Manager Natasha King HEAD OF PRODUCT PR Charlotte Panther Software Product Manager Imogen Baker Software Licensing Co-ordinator Yukiko Goto Communications Manager Nancy Gatehouse European Release Manager Louise Welch European Release Co-ordinator Lisa Callow Planning and Localisation Manager Vanessa Wood Localisation Co-ordinator Nadege Josa Planning and Localisation Co-ordinator Jennifer Rees Logo and Packaging Design and Illustration Oliver Wright Software Manual and Packaging Text Sam Holding Software Manual and Packaging Design Oliver Wright, Mike Alder Print Production Matt Bristow Legal and Business Affairs Albert Marshall, Hogarth Andall, Denise Carroll, Stacey Fowler, Richard Guest QA Manager Geoff Rens Internal QA Manager Dave Parkinson Internal QA Supervisor Gary Spencer QA Lead Testers Jenny Newby, Wayne Smith QA Testers Rich Grannell, Neil Pemberton, Jez Camps, Colin Roskell, Darren Langton, Lorna Campbell, Matt Adderley, Kevin Dickson, Gareth Tynan, Rob Young QA Manual Approval Clare Crawley, Jayson King, Andy Kennington CD Duplication Craig Duddle, Chris Stanley, Neil Pemberton, Stephen Allen TRC Supervisor Paul French TRC Auditors John Hale, Mick Kennedy, Chris Atkinson, Keith Derby, Dan Giles, Dave Hill, Martin Houghton Localisation Supervisors Nadine Martin, Domenico Visone Localisation Lead Tester José Flores Localisation Testers Pauline Brisoux, Mathias Donoso, Cedric Gérard, Mathieu Youna, Alexandre Bastien, Paolo Parrucci, Daniele Tacconi, Gianni Bianchini, Daniele De Blasio, Ludovico Augello, Matthias Pokorny, Thomas Grünewald, Katharina Tropf, Julia Aigner, Silke Weishaupt, Rafael Deogracias, Yolanda Akil, Silvia Ferrero, Alberto Pérez

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Voice Over Artists

Gina Steen, David Menkin, Colin McFarlane

Design Consultants

Paul Stephen Lubicz of PSL Training, Kathryn Freeland of Absolute Fitness, Keith Robertson of Mountain River Tai Chi, William Robertson of West London Yogashala, Choreography courtesy of Deborah Galloway

MUSIC CREDITS

Beat Freakz 'Get Out of My Life' (Original Vocal Mix) M. Nieuwenhuizen/E.Lafleur/D. Siliakus. Published by MusicAllStars bv. Licensed from: Spinninrecords.nl. 4 Strings 'Turn It Around' (Extended Mix) Written by C. Resoort. Published by CR Music/MusicAllStars. Licensed from: Spinninrecords.nl. The Mystery 'Fever' (Original Mix) Written by R. van den Beuken / A. Veldman. Published by Floyd Music / MusicAllStars. Licensed from: Spinninrecords.nl. Clokx 'Overdrive' (Original Mix) Written by R. van den Beuken / A. Veldman. Published by Floyd Music / MusicAllStars. Licensed from: Spinninrecords.nl. Ron Van Den Beuken 'Timeless' (Ron Van Den Beuken Vocal Mix) Written by R. van den Beuken / A. Veldman. Published by Floyd Music / MusicAllStars. Licensed from: Spinninrecords.nl. Steve Farris 'Zgether' (Club Mix) Written by M. Nieuwenhuizen/E.Lafleur/D. Siliakus/J. Loechel. Published by MusicAllStars bv. Licensed from: Spinninrecords.nl. 4 Strings 'Revelation' Written by C. Resoort / J. Loechel. Published by CR Music/MusicAllStars bv. Licensed from: Spinninrecords.nl. Randy Katana 'In Silence' (Ron Van Den Beuken Mix) Written by S. Bonke / R. Joubert Published by MusicAllStars bv. Licensed from: Spinninrecords.nl. 4 Strings 'Diving' (Original Vocal Mix) Written by C. Resoort/ J. Loechel. Published by CR Music/MusicAllStars. Licensed from: Spinninrecords.nl. Sandler 'Theme Song' (Original Mix) Written by S. Ketelaars. Published by MusicAllStars bv. Licensed from: Spinninrecords.nl. JR Hartley feat. Lucie Cunningham ''Out of Time'' (Richard Earnshaw Mix) Written by J. Hartley and L. Cunningham. Produced and arranged by JR Hartley, Additional remix and production by Richard Earnshaw for One51 Productions. Published by Duffnote Music. Record Label: Duffnote / CAT No. DUFF001. Mini Coola Presents ''Spacejam'' (Richard Earnshaw Mix) Written by M. Horwood. Produced and arranged by M. Horwood for Mango Music. Additional remix and production by Richard Earnshaw for One51 Productions. Published by Duffnote Music. Record Label: Duffnote / CAT No. DUFF002 United Soul feat. D.Empress ''Paradise'' (Vocal Mix) Written by Diane Charlemagne, R. Earnshaw and E. Clery. Produced and Arranged by R. Earnshaw and E. Clery for One51 Productions. Published by Duffnote Music / Published by Chrysalis Music Ltd. Record label: Duffnote / CAT No. DUFF003 UJ Project feat. Lucie Cunningham ''You Are My Everything'' (Vocal Mix) Written by R. Earnshaw and L. Cunningham. Produced and arranged by R. Earnshaw for One51 Productions. Published by Duffnote Music. Record Label: Duffnote / CAT No. DUFF004 D.U.S.K. feat. Christine Bailey ''Picture Me Falling'' (K-Bana Club Mix) Written produced & arranged by Jim Urquhart. Addtitional remix and production by Chris Tomsett. Published by Duffnote Music. Record Label: Duffnote / Cat No. DUFF006 Lawgiverz (aka A Kidz & Noize) 'Up' Written, Produced & Engineered by N. Ashcroft @ C2 Studios, London. Published by Medley's Creek & Mutesong. Botchit Breaks / Cat No. BBV022. ISRC Code: GB BSP0400026 Lawgiverz (aka A Kidz & Noize) 'Mullet' Written, Produced & Engineered by N. Ashcroft @ C2 Studios, London. Published by Medley's Creek & Mutesong. Record Label: Botchit and Scarper / Cat No: BOS2LP017 Part 3 Atomic Hooligan 'The Highs and the Lows' Produced & written by M.Welch / T.Ryan @ Pod Studio, Watford. Vocals by M. Ataie. Publishing by Copyright Control. Record label: Botchit and Scarper / Cat No: BOS2LP017 Part 1. Atomic Hooligan featuring Sweet Hustler 'Shine a Light (Introspective Mix)' Written & Produced by M. Welch & T. Ryan @ Hooligan Diners, Watford. Vocals: Written & performed by Barnaby Wallace aka Sweet Hustler. Mixed & Engineered by M Welch, G Fleming (aka Wizard) & T Ryan. Tweaked by J Cat. Published by Copyright Control. Record label: Botchit and Scarper / Cat No. BOS2047. Jason Sparks 'Heroes' Written & produced by Jason Sparks @ Sparks Studio, Herts. Published by Medley's Creek & Mutesong. Record Label: Botchit & Scarper. Taken from the 'Heroes & Villians' album - CAT No: Bos2cdlp019. Pako & Frederik - 45 Minutes (Medway Remix) Written & produced by Sekander Raisani. Remix and additional production by Jesse Skeens. Published by Turnstile Publishing 2003. Licensed courtesy of Global Underground Ltd. gumusic@globalunderground.co.uk. ℗ Global Underground Ltd. 2004. © Global Underground Ltd. 2004. Trafik - Your Light (Luke Chable's Four To The Floor Dub) Written and produced by Andrew Archer & John Elliott. Vocals by John Elliott. A Loft Studios Production. www.loftmusic.co.uk. Licensed courtesy of Global Underground Ltd. gumusic@globalunderground.co.uk. ℗ Global Underground Ltd. 2004.

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